



Overview of Lock & Talk Virginia Initiative



*Nicole Gore, Suicide Prevention Coordinator
Office of Behavioral Health Wellness
Virginia Department of Behavioral Health and
Developmental Services*

Military Service Members and Veterans in Virginia

- Growing veteran population (at approx. **725,000** total veterans in 2017).
 - **1 in 10** is a veteran and **1 in 5** is in Greater Hampton Roads.
- Large **percentage** of women veterans relative to other states.
- High **percentage** of veterans under the age of 28 relative to other states.
- **4th in the Nation** for Active Duty Military Personnel in Virginia (89,303)
- Approximately **8,700** serve in our Virginia National Guard
 - (Army - 7,500 and Air - 1,200).



Why Lock? Why Talk?

Lethal means safety is one of the few empirically based strategies to substantially reduce the number of suicides.

Firearms are used in 65-80% of our service member and veteran suicides.

People who cannot readily obtain a highly lethal method either attempt with a method less likely to prove fatal or do not attempt at all.

Why Lock? Why Talk?

Most people contemplating suicide come to view death as their only option for escaping overwhelming circumstances. Most don't want death as much as relief.

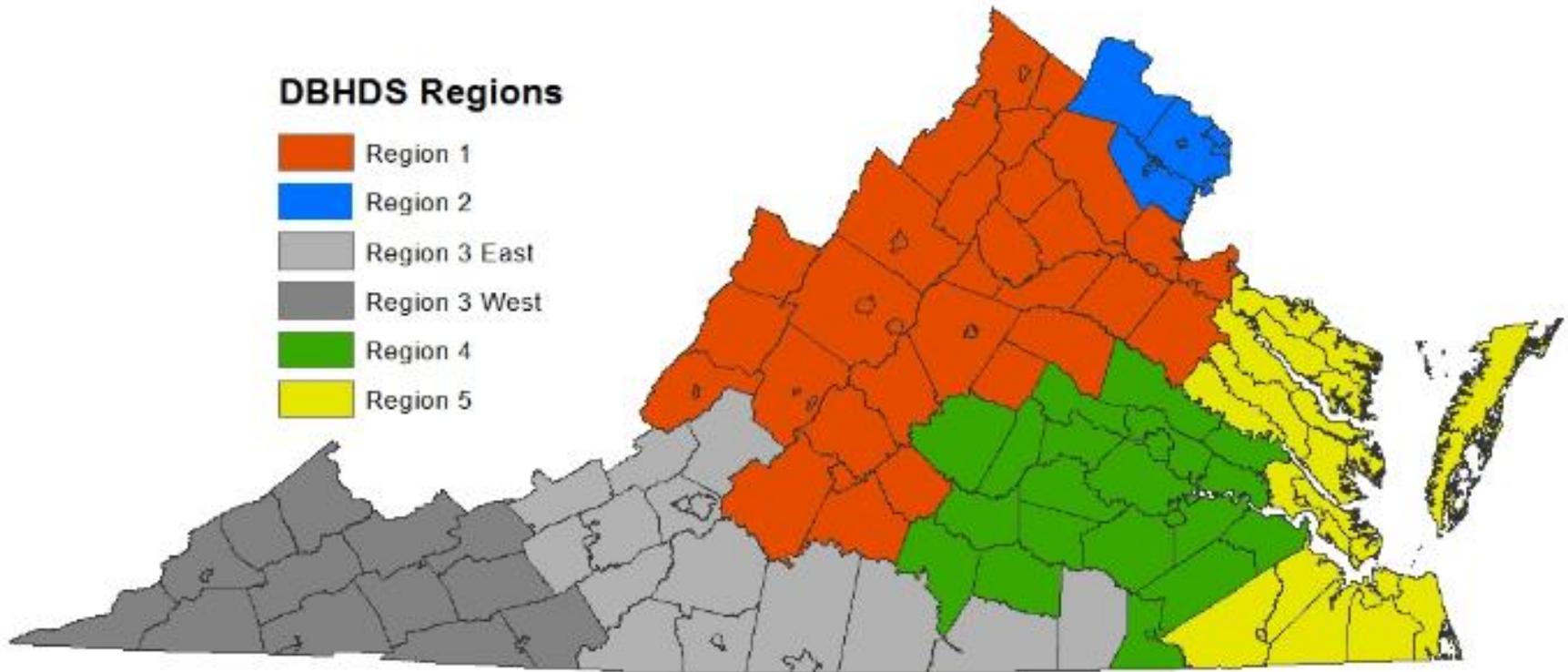
Asking someone if they have suicidal thoughts or plans does not lead them to take their life. Asking this question gives them permission to talk about their thoughts and feelings.

Why Lock? Why Talk?

- Increase help-seeking behavior and awareness of resources.
- Decrease access to lethal means.
- Increase suicide prevention and mental health awareness trainings.



Region 1 – Founder Lock & Talk Virginia Initiative



Gun Shop Project

Suicide Prevention Partnerships with Gun Owner Groups



Community Events



Instructional Videos



Demos with dummy gun

Partnership with Poison Control Center

Become a Lock and Talk Family



Visit www.lockandtalk.org to find out how to receive free locking devices or posters, or prevention trainings for the workplace, school, health care establishment, or for individuals.

If you or someone you know is in mental health crisis, call National Suicide Prevention Lifeline:
1-800-273-8255 (*1 for veterans)

Educate Your Family

How do I use Blue Ridge Poison Center?

- Save the Poison Help number in your phone: 1-800-222-1222.
- Call right away if:
 - Someone overdoses on any substance.
 - Someone swallows something that is not food or medicine they were prescribed.
 - Someone makes a mistake with any medicine.
 - Someone gets something harmful on their skin, in their eyes, or in their lungs.
- Visit the website: www.brpc.virginia.edu
FAST. FREE. PRIVATE. ANYTIME.

What do I do with old and unused medications?

- Scratch out any personal information on bottle or package.
 - Drop medications anonymously at secure drop boxes in your community.
 - Bring them to a National Drug Take Back Day.
 - Mix them with an inedible substance such as cat litter or coffee grounds. Place them in a sealed bag or container and place them in the trash.
- Information current as of 12/2019 and subject to change without notice.

Prevent Medication Overdoses



www.lockandtalk.org

lockandtalk@gmail.com



Like us on Facebook:
Lock and Talk Virginia

LOCK

- Lock your medications and take inventory of them regularly. *Count those pills!*
- Secure medications in a locked cabinet or a medication lock box. **Need a locking box?** Contact your area Community Services Board to receive one FREE or email: lockandtalk@gmail.com
- Change your locking combination or lock if you have concerns about misuse in your home or if you have concerns about a family member's mental health.
- Remove medications from home storage temporarily if someone is experiencing mental health crisis.



TALK

- Talk to professionals at the Poison Control Center. Save the Poison Help number in your phone: 800-222-1222.*
- Talk to your doctor about all of the medications you take.
- Talk to your pharmacists about having non-lethal doses in your home
- Talk to your family about medication safety; gather information and education.
- Tell others about medication safety.
- Talk to a mental health professional if you are concerned about emotional health.



*Call 1-800-222-1222 right away. Don't wait for the person to look or feel sick. Our help is private and FREE.

Talk To Us

[a CSB in your region]
[Cities and Counties in catchment]
[CSB phone number and web address]

[a CSB in your region]
[Cities and Counties in catchment]
[CSB phone number and web address]

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Lock and Talk is governed by participating Community Services Boards, supported by Virginia Department of Behavioral Health and Developmental Services.

March 2019 – Poison Prevention Awareness Month
77,000 distributed in Region 1

Medication Lock Boxes

IN AN EMERGENCY:
Call the Poison Experts
1-800-222-1222



[YOUR CSB LOGO HERE]

Poison Control Center: 1-800-222-1222

- Take inventory of your prescription and over the counter medication
- Secure medications
- Properly dispose of unused, unwanted, or expired medications
- Take medications strictly as directed
- TALK to your children about the dangers of overdose and prescription drug abuse

Call National Suicide Prevention Hotline if you or someone you know is in crisis:

1-800-273-8255; + 1 veterans;

Español 1-888-628-9454



Trainings



Lock & Talk Virginia Initiative

132 Firearm Retail Partners

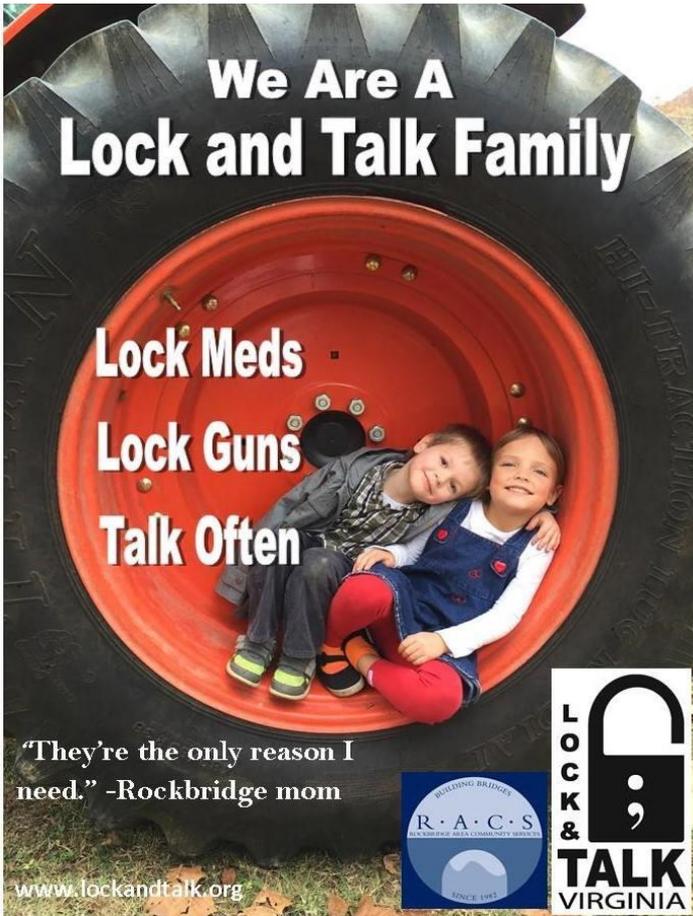
Region 1 – 110

Region 3E – 11

Region 5 - 11



We are a Lock and Talk Family Campaign

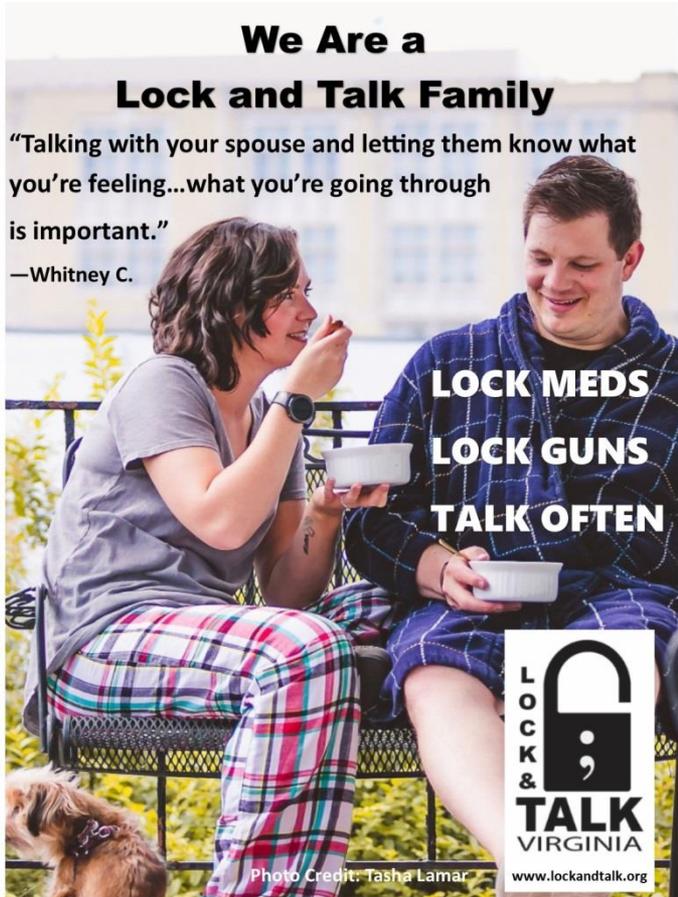
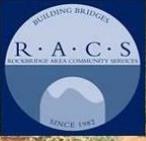


**We Are A
Lock and Talk Family**

**Lock Meds
Lock Guns
Talk Often**

“They’re the only reason I need.” -Rockbridge mom

www.lockandtalk.org



**We Are a
Lock and Talk Family**

“Talking with your spouse and letting them know what you’re feeling...what you’re going through is important.”
—Whitney C.

**LOCK MEDS
LOCK GUNS
TALK OFTEN**

Photo Credit: Tasha Lamar



www.lockandtalk.org

We are a Lock and Talk Family Campaign

SOMOS UNA FAMILIA "LOCK AND TALK"



**Asegurar
los medicamentos
Asegurar
las armas de fuego
Hablar a menudo**



We are a Lock and Talk Family Campaign



**LOCK MEDS
LOCK GUNS
TALK SAFETY**

“We are a Lock and Talk Family.”

24 hr HELP: Crisis Text Line: 741 741, Type “Hello”
Suicide Prevention Lifeline: 1-800-273-8255 (+1 vets)



Family Safety Plan



LOCK & TALK

GUN SAFETY

SUICIDE IS PREVENTABLE

Putting time and distance between youth and access to lethal means may save a life.
If you are concerned about a family member or friend, call the National Suicide Prevention Lifeline:
1-800 273-TALK (8255)

KNOW the risks of gun ownership before bringing guns into the home.



SECURE all guns to ensure that minors cannot access them.



You should also specifically talk to children about what to do if they find a gun - inside or outside of the home. Develop a simple, firm plan they can follow any time they encounter a firearm.

BE S.A.F.E

- ① **Secure** your firearms when not in use.
- ② **Be Aware** of those around you who should not have unauthorized access to guns.
- ③ **Focus** on your responsibility as a gun owner.
- ④ **Educate** yourself and others about safe firearm handling and storage.

TIPS FOR LOCKING UP FIREARMS

- ① Store firearms unloaded.
- ② Store ammunition separately.
- ③ Change combination or key location often.

PASS IT ON
Share your knowledge and support with friends, family, and others. Together, you can create a tipping point for change.

I pledge to follow these guidelines and share the Lock & Talk initiative: _____



LOCK & TALK

MEDICATIONS

SUICIDE IS PREVENTABLE

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If you are concerned about a family member or friend, call the National Suicide Prevention Lifeline:
1-800 273-TALK (8255)

1

Properly secure and monitor your meds

Prevent your child, friend, or loved one from abusing your medications by securing them so they cannot be accessed.

They can be secured in a medication lockbox, locked cabinet or closet, or out of reach.

Further safeguard all medicines by monitoring quantities.

2

Safely and properly dispose of old, expired, and unused meds

Prevent your child, friend, or loved one from abusing your medications by disposing of them through a permanent drop box in your community or mix them with an inedible substance, such as kitty litter or coffee grounds, and tossing them into the trash.

NEVER flush your medications down the drain or toilet, unless the label says it is safe to do so.

3

Educate yourself, family members, and friends

Learn about the most commonly abused types of prescription medications and their associated signs and symptoms and communicate the dangers to your child, friends, and loved ones regularly.

Make time to talk and create an environment where others feel safe to talk to you about Rx drug misuse and abuse.

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We are a Lock and Talk Family Campaign

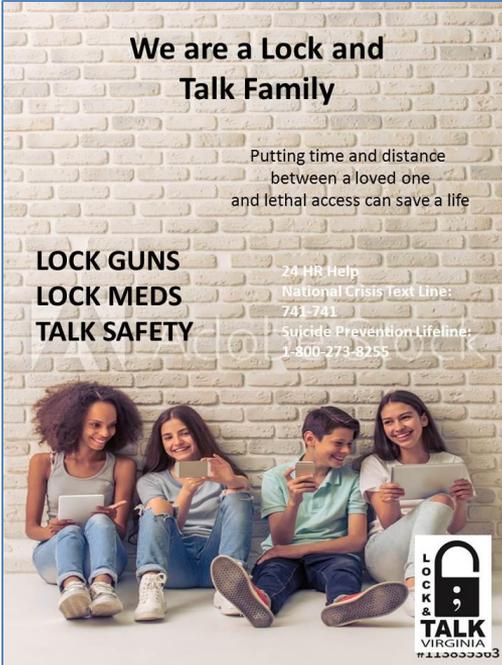


We are a Lock and Talk Family

24 HR Help
National Crisis Text Line:
741-741
Suicide Prevention Lifeline:
1-800-273-8255

Putting time and distance
between a loved one
and lethal access can save a life

**LOCK GUNS
LOCK MEDS
TALK SAFETY**

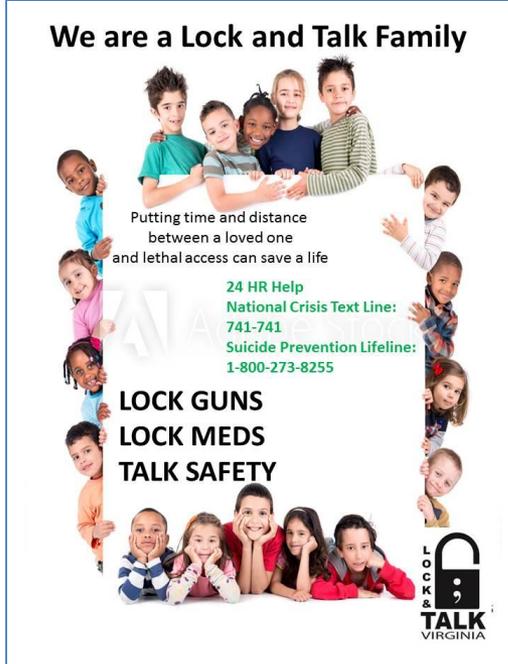



**We are a Lock and
Talk Family**

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**LOCK GUNS
LOCK MEDS
TALK SAFETY**



Highlights



WE ARE A LOCK AND TALK FAMILY



**LOCK GUNS
LOCK MEDS
TALK OFTEN**



Questions, Comments...



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